

2018 January Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
5:45-6:30 a.m.		5:45-6:30 a.m.		5:45-6:30 a.m.
AM Aerobics		AM Aerobics		AM Aerobics
Nicole		Nicole		Nicole
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9:45-10:30 a.m.	10:30-11:15 a.m.	9:45-10:30 a.m.		9:45-10:30 a.m.
Morning Zumba	Rocking Toddlers	Morning Zumba		Morning Zumba
Aimee	Barbara	Aimee		Aimee
10:45-11:30 a.m.		10:45-11:30 a.m.		10:45-11:30 a.m.
Hi Energy Workout		Hi Energy Workout		Hi Energy Workout
Barbara		Barbara		Barbara
11:45-12:30 p.m.		11:45-12:30 p.m.		11:45-12:30 p.m.
Silver Sneakers		Silver Sneakers		Silver Sneakers
Barbara		Barbara		Barbara
12:30-1:00 p.m.		12:30-1:00 p.m.		12:30-1:00 p.m.
Wellness Workout		Wellness Workout		Wellness Workout
Barbara		Barbara		Barbara
_	6:30-7:30 p.m.		6:30-7:30 p.m.	
	Body Boost		Body Boost	
	Barbara		Barbara	
7:15-8:15 p.m.		7:15-8:15 p.m.	7:40-8:40 p.m.	
Evening Zumba		Evening Zumba	Evening Zumba	
Aimee		Aimee	Aimee	

Fitness Class Fees

Prices are for one month

Fitness Class	Members	Non-Members	
Hi Energy Workout	\$15	\$25	
Wellness Workout	\$15	\$25	
Silver Sneakers	\$15	\$25	
Body Boost	\$20	\$30	
AM Aerobics	\$25	\$35	
Morning Zumba	\$25	\$35	
Evening Zumba	\$25	\$35	
Rocking Toddlers	\$20	\$30	